



Newsletter – October 2021

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Mental Wellness

Just as our physical wellness, our mental health wellness is equally important to all of us. As we are social beings no one is an island and we cannot live a hermit life in isolation. The community - the church, our relations or friends are there to share, to listen, to care, to socialise which is very important in our journey of life.

In the past 20 months or so we have experienced and seen many realities especially with the pandemic Covid-19; working from home or unemployment, restrictions to movement, pressure to vaccinated, etc. There are many restrictions imposed on us and they change with each wave of COVID-19, imposed by government agencies, within the Church, work place, etc. The Ministry of Health and the Ministry of Manpower together with the inter-government agencies provide guidelines which is necessary to prevent the spreading of Covid-19 clusters within Singapore.

Locally past findings from the Singapore Mental Health Study found that 1 in 7 people in Singapore have experienced a mental disorder, with a higher prevalence found among those aged between 18-34 (SMHS 2016, IMH). A more recent survey did in Singapore last year during the covid-19 period indicated by demographics that more men (57%) rate their mental health as very good or excellent than women (43%). Half (51%) of those who report great mental health are those aged 45 years old and above. Youths aged below 34 were more likely than older individuals (>45 years old) to indicate 'poor/fair' mental health. There is, thus, strong evidence that our youth are very vulnerable to stress, depression and other serious mental illnesses. Even in schools, students and teachers are under a great mental stress. The government is even looking into the possibility of adjusting the school subjects and the overall curriculum in the schools.

Those who didn't wear the masks were charged in court and sometimes sent to Mental Hospital for observation. There are so many encounters leading to stress, pressure, depression, mental breakdown and as a consequence sometimes suicide happens. Very often it's the failure to identify the symptoms. For instance there are patients/people who didn't follow-up with regulated medication, self-isolation, staying within the four walls, no friends, not interacting with others, communicating electronically only, couldn't sleep well, could see images or hear sounds and these are leading to serious consequences. Bitterness, quarrels and resentment in families are also common factors.

We must be outward looking in our life through regular activities or a hobby that's energising and engages the community of people. The regular physical activities keep us healthy as the blood circulation and oxygen supply is vital in our ageing process to keep all our organs functioning as it keeps us alert.

Take a walk/cycle/hike for a difference to breathe and to enjoy the freshness at the greens parks regularly instead of working within the four walls from home. A visit to the green park or to take a break from our daily routine work schedules will make a difference in our journey of life.

When we inhale fresh God-given oxygen from nature it oxygenates our organs as we feel fresh and we remain alert and well while all the organs regulates and functions actively.

The spirituality of our faith provides a direction and enables us to focus on God. It's like the compass which guides us to be conscious of the happenings around us. Even if there is any gap in between the spouses or with the children, the sacrament of forgiveness and reconciliation will unite us which make the difference in us as Christians. That's to give and give till the end with the love and in faith. We need to experience the unconditional agape love. The whole family must treasure, value and remember the showers of love within the family forever.

Our mental faculty need to have a discovering spirit developed to learn new skills in any aspect of interest; to learn and to discover new elements by reading books/magazines and to be aware what is happening around us and the world. There should be the eagerness and searching spirit to discover new applications on the mobile phone or computer system – like digitalisation, usage of computer, mobile phone, digitalised photography and other development like art and imaginative craft.

Our Situation

- a. What does mental wellness means to me?
- b. What are some of the signs and symptoms from stress/depression in my family?
- c. Why, does the following happen within our family or in society?
- d. Who is responsible for our mental wellness in our current reality?
- e. What would be the consequences if the situation remains in Singapore or at the global level? Please share your views.

Personal Reflection

- a. How do I feel personally about the current reality?
- b. What were the new aspects I had learn or discover from the above reality?
- c. Have I taken the opportunity to grow my Catholic faith?

Christian Reflection

- a. If Jesus is present among us what would be his key message for all of us about our mental well-being in the mist of this global pandemic?
- b. What does the Gospel, The Social Teachings of The Church, The Catechism of The Catholic Church and the Encyclicals tells us about our mental wellness?
- c. Do I believe that God is still in charge and this is an opportunity for me to draw closer to Him?

Our Response and Action

- a. Being aware of our mental health and wellness how can I be the yeast, the salt and be the source of light? Please share your responses on how to act.
 - b. How can I create awareness to those in need of assistance?
 - c. What can I do for the Parish and Society after knowing the reality?
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Faith Formation Session

Date: 13 November 2021

Time : 2pm to 5pm

Topic: The Vocation of the Family and Catholic Social Teachings

As for venue or Zoom meeting, it will be decided closer to the date due to the Covid pandemic. All are welcome, including friends and non-christians.